

Personal Training at Thomas Farm Community Center

Set and reach your fitness and weight loss goals with a personal training program designed just for you. Personal training is one great benefit for Thomas Farm Fitness members. Purchase a membership and sign up for personal training sessions.

Get started in a safe workout routine with a warm up, cool down and stretching that includes:

- ✓ Accountability
- ✓ Efficiency
- ✓ Measurable progress
- ✓ Consistency
- ✓ Motivation
- ✓ Variety
- ✓ Education

Sessions include:

- Body composition analysis including circumference measurements, scale weight, before and after pictures and body fat analysis (not included in one-time sessions);
- Fitness analysis including four exercises to reveal client's abilities and/or limitations (not included in one-time sessions);
- Hour-long sessions with a nationally certified trainer include cardio, stretching and strength training while incorporating core, balance and postural improvements;
- Exercise journal with a daily food log (included with 10 or 20-session packages);
- Exercise prescription for "off-days"; and
- Quality personal training at an affordable price.

Rates and Packages:

Jump-Start Package

- Three one-hour sessions for \$120
- Price includes a fitness assessment, body composition and three workouts with a nationally certified personal trainer based on the client's goals and needs. The initial consult will be worked into the first session.
- Gives the client the opportunity to enjoy the benefits of the personal trainer to "jump start" their fitness routine.

Personal Training Packages

Clients also have the opportunity to purchase longer-term training packages at a discounted rate or work with a trainer one session at a time.

- One session at \$55 each
- Ten sessions at \$50 per session = \$500
- Twenty sessions at \$45 per session = \$900

Partner Training Packages:

Clients who want to work out with a partner can save even more money with Thomas Farm's Partner Package.

- One session at \$70 per couple (\$35 per session each person)
- Ten sessions at \$65 per couple (\$32.50 per session each person) = \$650
- Twenty sessions at \$60 per couple (\$30 per session each person) = \$1,200

Considerations:

- The jump-start package is independent of the group package. The client cannot include a jump-start package in a 10-session package, and only pay for seven sessions at the 10-session discount price, for example. Also, a jump-start package is good one time only. Clients may not purchase two consecutive jump-start packages to save money.

Meet Our Instructors:



Sharon Ramsey

Sharon has more than 10 years of experience as a fitness instructor. She is AFFA (American Family Fitness Association) and ACE (American Council on Exercise) certified and is experienced teaching all ages. Sharon has been working at the Thomas Farm Community Center since the center opened in February 2009 as a Fitness Trainer. She assists fitness members on the proper use of the fitness equipment and she works with fitness members with personal training. People leave her sessions feeling good about what they have accomplished.



Sylvia England

Sylvia has had a love for fitness and helping people ever since she can remember and especially enjoys running and weight training. She has completed a mini triathlon and the Marine Corps Marathon and has entered numerous Figure competitions, placing in the top three in several and winning two. Sylvia is ACE (American Council on Exercise) certified. She has taught numerous fitness classes for the City of Rockville and was a personal trainer at Twinbrook Community Recreation Center.